

Message (Digitally Signed)

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**From:** Farak, Amy M CIV NUWC NWPT [REDACTED]  
**Sent:** 6/4/2012 2:05:19 PM  
**To:** Farak, Sonja (DPH) [/O=COMMONWEALTH OF MASSACHUSETTS/OU=MassMail-01/cn=Recipients/cn=Sonja.Farak]  
**Subject:** RE:  
**Attachments:** smime.p7s

Hi Sonja,

That's a tough one. Sorry to hear about it...are you able to control with diet or are you on insulin? If you need insulin, it would be pretty hard to hide it from mom and dad anyway, since you'd need to put it in the fridge when you visit.

I think you should tell them, they would be really upset if you don't. The harder question is how. I think the next time you come down (and they are here...obviously it won't work on the 16th), you just have to be blunt with them. If they start lecturing you, I think telling them that you are controlling it, and you are old enough to take care of it yourself. Even with diabetes, you can splurge in moderation when you visit. I know dad can't say anything, he doesn't keep up on his diet like he should either.

I'm recalling when I made you make sure I'd tell them about Bob the Bastard (yes, that's what I call him). It sucks bringing stuff up to them, mom didn't react to my news the way I had hoped either. But, in the end it was the right thing to do.

I'm sorry if I'm a little blunt on this email. My machine is about to reboot and I wanted to write back. Otherwise I'm in meetings until 1400 so you wouldn't have heard back from me. You can give me a call tonight if you want to talk.

Amy

-----Original Message-----

**From:** Farak, Sonja (DPH) [mailto:sonja.farak@state.ma.us]  
**Sent:** Monday, June 04, 2012 9:59  
**To:** Farak, Amy M CIV NUWC NWPT  
**Subject:**

Hi Amy-

So... I need your advice on something. Should I tell mom and dad that I have diabetes? And if so, when (and how)? I know if I don't tell them, they (mom) will be pretty upset when they find out. And if I tell them, I take the chance of having to get 'lectured', plus I might miss out on all my favorite foods when we visit. Thanks.

-Sonja